



The Way of Health

Cosmetic and Therapeutic Acupuncture



TURN BACK THE CLOCK ON YOUR COMPLEXION

What is Cosmetic Acupuncture?

Cosmetic Acupuncture is a pain-free, non-surgical method of reducing the signs of the aging process. More than a cosmetic procedure, the process is designed to help the whole body look and feel younger. The Cosmetic Acupuncture treatment is based on the principles of Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, and legs. Specific points are chosen to manipulate the movement of energy (Qi) in the body according to the individual's needs.

What are the effects?

Cosmetic Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines can be entirely eliminated and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimised.

Other results include:

- moisturising of the skin with increased local circulation of blood and lymph to the face
- increased collagen production, muscle tone, and dermal contraction
- tightening of the pores
- brightening of the eyes
- improving of hormonal balance to help acne
- reduction of stress evident in the face
- bringing out the innate beauty and radiance of an individual.



Who would benefit from Cosmetic Acupuncture?

Cosmetic Acupuncture is suitable for both men and women with an interest in their overall wellbeing as well as their physical appearance. Different methods are emphasised and specific points stimulated according to how an individual is aging. The whole person is treated and evaluated on the body-mind continuum - the foundation of Oriental Medicine.

What is the course of treatment?

Generally, it consists of 10 treatments. Each person responds differently, depending on his or her condition and lifestyle prior to treatment. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years.

Does it really make a difference?

Many sources indicate that acupuncture has been used for almost 5,000 years to treat a wide range of conditions. Having proven itself with literally billions of people, Acupuncture has survived the test of time. The effectiveness of Acupuncture is due to its direct manipulation of the body's energy system - balancing, removing blockages or adding energy when necessary. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Facial Acupuncture, 90% had marked effects with one course of treatment. The effects included: the skin becoming delicate and fair, improvement of the elasticity of facial muscles and levelling of wrinkles, a rosier complexion, and overall rejuvenation - not confined to the face.

Is Cosmetic Acupuncture a new technique?

For thousands of years, the Chinese have known that beauty comes from within. At least as early as the Sung Dynasty (960AD-1270AD) Acupuncture rejuvenation practices were employed for the Empress and the Emperor's concubines. The Chinese discovered and utilised ways to change the energy flow within the body to initiate the healing process for rejuvenation. According to the principles of Oriental Medicine, it is known that increased circulation helps the body to look and feel better; therefore it stands to reason that treating the underlying cause of one's aging is preferable to masking the outward symptoms and allowing further decline and dysfunction to continue within the body.

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